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**Volleyball betters  
record with win**  
  
Sports, Page 8



**Nabb Center  
shows Native  
American artifacts  
in exhibit**  
  
Gull Life, Page 7

## Index

**News.....1**  
**Editorial.....4**  
**Gull Life .....6**  
**Sports.....8**

# THE FLYER

Vol. 38, Issue 5

Salisbury University's Student Voice

October 5, 2010



File photo/Todd Dudek

In this file photo from December 2006, President Janet Dudley-Eshbach awards then-Maryland Senator Paul Sarbanes with an Honorary Doctor of Law Degree at an SU commencement ceremony.

## The new millenium to now

*Dr. Janet Dudley-Eshbach celebrates 10 years at SU; event to be held 10/10/10*

By **Vanessa Junkin**  
Editor in Chief  
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Dr. Janet Dudley-Eshbach said that when she came to Salisbury University in 2000, her goal was "to do what [she] could to improve an already strong institution."

During her time here, "Dr. Janet" — as she prefers to be known — has worked to advocate for SU and its students, faculty and staff.

She said some of her goals early on were to build diversity, improve relations with the community and increase international initiatives. While there

have been significant improvements in each area, Dr. Janet continues to work with each. She also said during the beginning of her presidency, she started working with the faculty and staff salaries but was then affected by salary cuts.

Faculty emeritus of history Don Whaley, who was part of the search committee that chose Dr. Janet for the presidency, said one thing that stood out about her during the search process was the fact that she was already a university president.

At the time, Dr. Janet was the president of West Virginia's Fairmont State College.

"She understood how good we were," added Whaley, who retired in July 2009 after 34 years at SU. "She got it."

SU continues to become more selective, she said, with the average SAT score for the Class of 2014 nine points higher than last year's.

Over the past 10 years, SU has grown from about 6,200 or 6,300 students to a current number of 8,200, but Dr. Janet said SU will continue to have its "small school feel" by balancing the numbers of faculty and staff with student body growth.

See **PRESIDENT Pg. 2**



File photo/Kathy Pusey

In this file photo from February 2010, Dr. Janet Dudley-Eshbach poses with civil rights leader John Stokes after he spoke on campus.

## "Peeping Tom" lurks by students' windows

By **Mia Gilstrap**  
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"I love you" is usually heard in positive situations; a lover, a friend, a family member or someone important says those three little words that mean so much. However, at 4 a.m. on Sept. 2, those were the last words that one SU student, who chose to remain anonymous, wanted to hear.

"I had been up all night reading, and accidentally fell asleep with my window open, blinds up and my lights on," said the student, who will be referred to as "Brittany."

"I usually do not leave the lights on or the blinds up. I woke up at 4 a.m. to someone saying, not whispering, that they loved me. He said 'I love you' twice before I realized there was actually someone outside and I was not dreaming," she said.

"I bolted into my roommate's room and called the police," she said. The whole situation was creepy. I don't know about you, but I do not like people watching me while I sleep. Not to mention I did not know how long he had been there."

Unfortunately, this was not the last time the "creeper in the window" would come to the Onley Road residence.

He returned a second time, this time peering through her roommate's window. She also chose to remain anonymous and will be referred to as "Samantha."

However, what makes this instance even more unnerving is the location of the windows.

"My roommate's window is about a foot above the average person's head and my windows are even higher, so he clearly knew to bring something to stand on, giving us reason to believe he had been here before," Samantha said.

Before this happened both of them said they felt safe enough to leave their window up on nice evenings, but not anymore. Brittany also said she feels safe knowing that the police

See **PEEPING Pg. 3**

## TKE faces suspension from campus

By **Andrew Bell**  
Staff Writer  
Ab75932@gulls.salisbury.edu

The fraternity Tau Kappa Epsilon has been suspended from campus for a minimum of five years.

Due to privacy restrictions imposed by the Family Educational Rights and Privacy Act, the Office of Judicial Affairs was not able to comment on the reason behind the suspension. Dean of Students Ed Cowell stated that he is "not at liberty to publicly

discuss individual and/or organizational judicial matters or sanctions at any time."

A member of TKE declined a request for an interview, stating only that the chapter will discuss the situation with its national organization. A representative from the national organization also declined to comment.

Cowell was able to outline the process by which a registered student organization is sanctioned. He stated that fraternities and

other RSOs are, like students, "accountable to the University Code of Conduct." The Code of Conduct is an 18 page document that details the behaviors expected from students and organizations. It serves as an agreement between students and the University.

If that agreement is broken, the accused party is directed to appear at a hearing before the Judicial Board, a group of several faculty and sometimes several student representatives.

If the Board finds the party guilty of breaking the Code of Conduct, they may impose a number of sanctions depending on the particulars of the case.

According to Director of Student Activities Jennifer Blackwell, the sanction imposed on TKE was "an indefinite suspension of no less than five years." This revokes TKE's ability to use University facilities, publicize events on campus, induct new members, or participate in University-sponsored activities such as

the Inter-Fraternity Council.

TKE's national organization would not comment on whether chapters can continue to exist without a valid charter. If so, at the end of the suspension, TKE will be reviewed by the Judicial Board and may be granted good standing.

It is also unclear whether TKE appealed the suspension. According to the Code of Conduct, the fraternity would have had to

See **TKE Pg. 3**

## "Commons" Sense: Dining Services minimizes food waste

*Students play part in how much is wasted at The Commons and other locations*

By **Joseph Michalski**  
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For most students living on campus, the place to eat is The Commons. The cafeteria contains ten different food kiosks, as well as a section that hosts theme-styled dinners and other meals called the Bistro. Due to this large variety and quantity of food, students are sometimes prone to taking more food than they can eat, which causes students to waste food.

"I try not to waste food, but

sometimes when I get food I don't feel like eating it anymore," said freshman Melissa Biggs.

However, The Commons staff is well aware of food waste by students and its negative implications on the environment.

Ricky Parker, who has worked at the Commons for five-and-a-half years, said he sees students waste a lot of food every shift.

"They sit here and get so excited," Parker said. "So many choices!" Then they eat just a little bit and get full."

Parker said that the rule that no

food is allowed outside of The Commons is a part of the problem.

"They can't take the food they can't finish home with them," he said. "If they could, they wouldn't waste anything."

The Commons is taking actions to not only prevent food waste, but to minimize the negative effects of food waste.

The Commons is installing a new dishwashing system that is friendlier with food waste. A new food waste pulper is being used to recycle 70 percent of dried pulp

from scraps, cardboard, and paper. The pulper grinds leftover food up and creates compost, which helps to reduce the amount of trash being produced from The Commons.

Though The Commons produces a lot of food, not much is wasted, said Tony Cerulli, who is the Associate Director of Dining Services, The Commons, Catering and Satellite Dining.

For a typical day, he gave a few examples of how much food is produced: about 600 pounds mozzarella sticks are fried, he said, or

150-200 pounds for an average dinner entree.

"We throw very little out," he said. One reason, he said, is the "continuous eating" during The Commons' hours. Another is that the food from The Commons or Bistro can be reused for the next meal or reheated for the next day if there is anything left over, he said.

He also said that when the Satellite Dining locations close, leftover sandwiches go to Gull's Nest and Cool Beans.

See **FOOD Pg. 3**



## Briefly Stated

**Tuesday, Oct. 5**  
E. Pauline Riall Lecture  
Deborah W. Meier, a former kindergarten teacher in Chicago, Philadelphia and New York, founded Central Park East Secondary School, a New York public high school at which more than 90 percent of entering students went on to college. She also helped found and reform other schools. Meier will speak for the E. Pauline Riall lecture, "Why is K-12 Schooling Mandatory? For Whose Benefit?" 7:30 p.m., Tuesday, Oct. 5 in Holloway Hall Auditorium. Earlier that day, from 2:30-3:15 p.m., she speaks to students and faculty in the Great Hall of Holloway Hall. For information, call 410-543-6393.

**Wednesday, Oct. 6 – Friday, Nov. 5; Events**  
**Thursday-Friday, Oct. 7-8 'Relevance' Exhibit**

Artists and recent graduates of the Vermont College of Fine Arts (VCFA) M.F.A. program in visual art display their works during the exhibition "Relevance" in the University Gallery of Fulton Hall. An artists' discussion is 12:30 p.m. Thursday, Oct. 7 and a reception is Friday, Oct. 8, 6-8 p.m. VCFA is recognized as a national center for education in the arts. Media range from traditional drawing, photography and painting to modern new media, performance and installation pieces. Admission is free: the public is invited. Gallery hours are 10 a.m.-4 p.m. Tuesday-Friday, noon-4 p.m. Saturday-Sunday. For information call 410-548-2547.

**Saturday, Oct. 9**

**Sea Gull Century**  
The Sea Gull Century, SU's annual 100-mile cycling event, will be held Saturday, Oct. 9, beginning between 7 and 9 a.m. and ending around 6 p.m. The start is on East Campus by the corner of Bateman and Wayne Streets, and the finish is by the Henson Mall. Online registration is closed but participants can register for \$90 on-site beginning Friday, Oct. 8 at 4 p.m. Call 410-548-2772, e-mail seagull@salisbury.edu or visit www.seagullcentury.org for information.

**Tuesday, October 12**

**"Maryland's Shame: Segregated Places, Segregated Schools and Segregated Lives?"**

In Maryland, many children with disabilities aren't given the opportunity to play and learn with their friends, and adults with disabilities continue to live apart from the rest of society. Learn why Maryland still has so much more to do to ensure that Marylanders with disabilities have equal rights and opportunities to lead full, meaningful lives included in all facets of community life. Lecture by Rachel London, Director of Children & Family Policy, Maryland Developmental Disabilities Council 3:30-4:45 p.m. Tuesday, Oct. 12 in the Wicomico Room.

**Ongoing- Wednesday, Oct. 27**

**Eliot Porter Photography Exhibit**

Called one of the most influential photographers of the 20th century, Porter spent the majority of his 50-year career traveling the world documenting endangered places. A "Portfolio of Ten Trees" along with six dye transfer prints are displayed in the Atrium Gallery. Admission is free; the public is invited. Gallery hours are Monday-Wednesday 10 a.m.-4 p.m. Call 410-548-2547 for information.

**Ongoing- Friday, Nov. 5**

**Motion Graphics Festival**  
SU's Electronic Gallery presents works from a selection of artists exhibiting at the annual Motion Graphics Festival in Washington, D.C. at "Motion Graphic Festival—Selected Artists Exhibition," held in TETC 128. A free workshop is 9 a.m.-4 p.m. Friday, Oct. 15 in TETC 352. A visiting artist lecture is 5 p.m. Thursday, Oct. 21, in TETC Room 153. Admission is free; the public is invited. Gallery hours are 11 a.m.-4 p.m. Monday-Friday, noon-4 p.m. Sundays. For more information or to sign up for the workshop, call 410-548-2547 or visit www.salisbury.edu/electronicgallery. 410-548-2547.

## Hazed and Confused



Pat Hackley photo

On Sept. 28, Student Activities brought Erle Morring to speak with students. He shared his experiences from Auburn, where two students died as a result of hazing.

## Crime Beat

9/24/10  
9 a.m. – 12 p.m.

### Theft

Complainant reported the theft of his parking permit from his unattended vehicle while parked in Lot E.

9/28/10

11:26 p.m.

### Harassment

Complainant reported being harassed by another student who is an acquaintance. A copy of the report has been forwarded to Student Affairs

9/30/10

9 a.m. – 1:34 p.m.

### Malicious Destruction of Property

A complainant reported that someone damaged her automobile while it was parked and unattended in the Dresser Parking Lot "A."

## Salisbury; Wicomico County named one of top spots for youth

### Whitehead and others continue to work to make City better

By Amanda Biederman  
Staff Writer  
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The City of Salisbury and Wicomico County were recently selected as one of the 100 Best Communities for Young People, an honor granted by America's Promise Alliance. Selection was based on exemplification of the organization's five promises: caring adults, safe places, healthy start, effective education, and opportunities to help others. This is the fourth time that Salisbury and Wicomico County have been granted this distinction in the past five years.

The title was made possible in part by Salisbury's Promise Alliance for Youth, a local chapter of America's Promise Alliance. Salisbury's Promise is led by Dr. George Whitehead, a faculty member in SU's psychology department.

Whitehead explained that Salisbury's Promise is an organization that connects students in the public school system to faith-based communities.

"We link students to mentors [from churches and organizations, who] volunteer in [their] school... We also

give them opportunities to perform service in churches," Whitehead said. "These places provide [the students] with a safe place to be."

Whitehead noted that Salisbury's Promise also partners with other organizations that provide services to local youth, such as after-school programs and the Lions Club.

"We look at what local groups provide... and we look at what Salisbury's Promise provides," Whitehead said.

They have also allied with Kids of Honor, a dropout prevention program.

Salisbury's Promise also works to promote student leadership and holds a leadership program on SU's campus every summer for students in middle school and high school.

"We want to get kids out there, and help them get an education," Whitehead said. "We'd like to narrow the achievement gap."

However, many remain unconvinced. Freshman Chelsea Hicks said she feels that the city of Salisbury is un-

safe, especially for students.

"I feel like Salisbury University itself has a very good and warm feel for its students," Hicks said. "The atmosphere of the town around the college, however, is not the best place for young people."

Whitehead admitted that the community certainly still needs improvement.

"When you win awards like this, people often translate that as being a perfect community," he said. "Then you pick up the newspaper and read the crime rate. There are obviously still problems that we need to tackle. I think we need to keep working on keeping Salisbury a safe place. There are other groups we partner with to help them come up with a solution."

He added, "My belief is in prevention. I believe that with progress some of the negative problems will decline. We work with the law en-

forcement and police force, and we work especially with the young people."

One prevention program is Salisbury's AmeriCorps, a program that works with youth in the area. Katie Kitzrow, a 2008 SU alumnus, is currently working with AmeriCorps. They are helping with "Gimme Five" Youth Day, a day for young students to enjoy the day in a positive environment. It will take place Saturday, Oct. 23 at Prince Street Elementary School.

"We can help the crime rate go down... Having more awareness in schools [is necessary] because that's where [the crime] seems to start out and progress," Kitzrow said.

For more information on helping with this event and helping to improve Salisbury's community, e-mail Kitzrow at kkl3848@gulls.salisbury.edu.

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## Gansler runs unopposed for the Attorney General seat this November

By Jamyla Williams  
Staff Writer  
Jw80815@gulls.salisbury.edu

The incumbent Maryland Attorney General Douglas Gansler is looking to secure a November victory without any opponents to run against.

Elected in 2007, Gansler serves as Maryland's chief legal officer, which is a publicly-elected state office. His office supervises Maryland's legal affairs and advises state governmental boards, representatives and institutions

on legal matters. The office also represents the state of Maryland in the Appellate Court, U.S. Supreme Court and lower Federal Courts.

Gansler is a graduate of Yale University and University of Virginia School of Law. Prior to his appointment as Attorney General, he served as Assistant U.S. Attorney and as the State's Attorney for Montgomery County. While serving as the State's Attorney, he prosecuted the 2002 Beltway Snipers case. In his first term as Attorney General,

Gansler has made prosecution of environmental crimes a priority.

"He's focused on the environment," said Raquel Guillory, Gansler's Public Information Officer. "He lobbied for creating a no-discharge zone in the Chesapeake Bay."

Guillory said the Attorney General comes up with his own legislative agenda and pushes for it to get passed in the General Assembly.

Maryland universities have also been of interest to

Gansler. He published a report entitled "Strengthening Diversity in Maryland Universities and Colleges," which contained instructions for implementing diversity plans as required by the Maryland General Assembly in 2008.

Gansler wrote in the report, "Diversity within the classroom and higher education institutions promotes a robust exchange of ideas; greater racial diversity is associated with enhanced critical thinking ability, openness to diversity and challenge,

racial and cultural awareness, and satisfaction with the college experience."

Gansler has also sought to embrace diversity in Maryland's definition of marriage. He has been a supporter of marriage equality and suggested that the state recognize same-sex marriages performed in other states.

"He's entitled to express his opinions-his personal opinions," Guillory said. "We issued a legal opinion, based on taking a look at the legal issues."

Guillory said that students should also pay attention to the law "because it affects every aspect of their lives, their civil rights, their interaction with the government... The law is very clear, it's devoid of politics." For more information on Attorney General Gansler, visit <http://www.oag.state.md.us/index.htm>

*This article is part of a continuing series about the General Election.*

## Peeping

Continued from Pg. 1

regularly drive by her house.

"I feel safe now because the police have put our house on a patrol list and they come and do walk-arounds on a nightly or bi-nightly basis," she said.

Captain Mark Tyler of the

Criminal Investigation Division at the Salisbury Police Department said the closest thing to a "Peeping Tom" is "Visual Surveillance with Prurient Intent."

"It is not a frequent problem, but it is something that does occur," Tyler said. "Especially in densely-populated areas such as apartment buildings and close

housing complexes."

The crime is a misdemeanor and the punishment is a fine not to exceed \$2,500 and/or imprisonment for up to one year, he said.

The culprit was not caught for the Onley Road incidents, according to Tyler.

"I think this happened because

of opportunity," Brittany said. "It was the ideal situation for the peeper: I had left my window open, blinds up, and light on. Peeping shouldn't be a problem, but I also should have been more careful... this is Salisbury."

Brittany also expressed gratitude for the police service.

"I want to make sure everyone

knows how thankful I am to the Salisbury PD," she said. "They have been unbelievably helpful and always respond quickly and professionally. I also appreciate how they have taken this seriously and have followed through with the patrols."

*Names have been changed.*

## TKE

Continued from Pg. 1

file a written appeal within five days of the original suspension to begin the appellate process. Grounds for appeal include procedural errors by the Board or new evidence that was discovered after the original decision. If grounds for appeal exist, the Board will determine whether to reconsider the case and repeat the sanction.

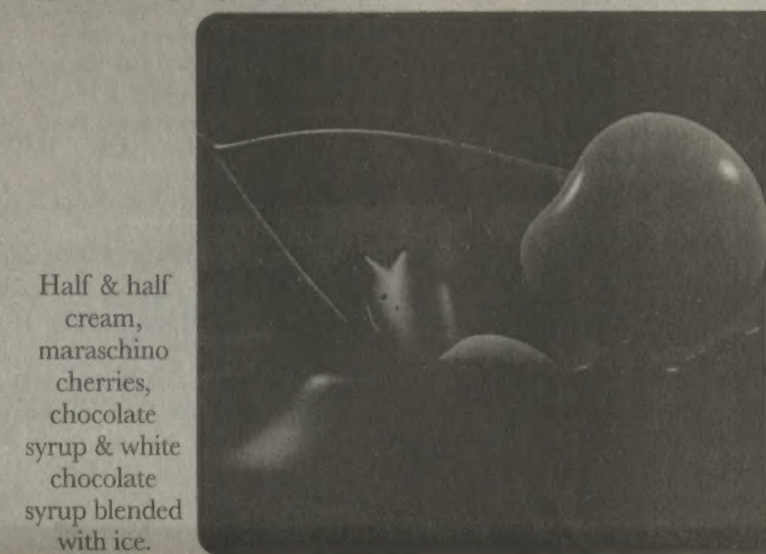
Cowell believes the message behind TKE's suspension is clear.

He stated, "Our decision-making can have unintended consequences. We must submit to the idea that we are accountable to each other and that our decisions often have an impact beyond ourselves."

Graduate Assistant for Greek Life Elyse McCabe agreed. She said she believes that this occurrence will not change Greek life at SU, stating that Greek organizations and the University still have a generally positive relationship. She said that "administrators are here to keep everyone safe and ensure the rules are followed."

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## Food

Continued from Pg. 1

Sometimes food is thrown out, Cerulli said, but he said it is not much and The Commons has a computer system to help with more accurate estimates.

The Commons donates its extra food to the Joseph House when the Thanksgiving and winter breaks begin. The Joseph House is a nonprofit charitable organization that helps the poor and homeless.

The Commons also sends out a pamphlet called the Café Express each week that informs students about upcoming events to help the environment.

The dining hall is supporting National Campus Sustainability Day by "going trayless" for a day and by serving an eco-friendly "Going Green" lunch in the Bistro.

Cerulli said that grease from the fryers is used for biodiesel engines and in the future will be sold for use in delivery trucks that come to SU.

According to Cerulli, students are becoming more conscious of the amount of food they waste.

"At first students wasted a lot of food, but every year since I've been here they're wasting less," Cerulli said. "The freshman class this year is wasting less than the freshman class last year."

The Commons is making changes to benefit the environment by recycling more and wasting less. Students, too, are helping the cause by not wasting the amount of food they used to in the past.

However, the individual student must realize that their negative actions negatively affect the environment if the Commons is to be successful in ridding the cafeteria of waste.



Erin Corcoran photo

Students' food scraps are unavoidably wasted as students take more than they can eat at The Commons.

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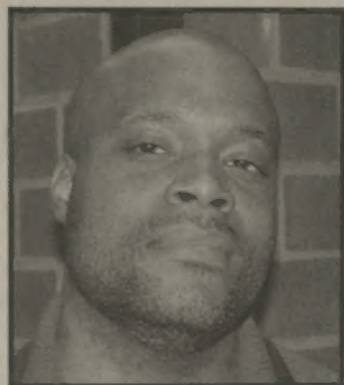
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## Overheard: What do you do while procrastinating?

Photos and article by Kelly Mundle and Adrienne Price



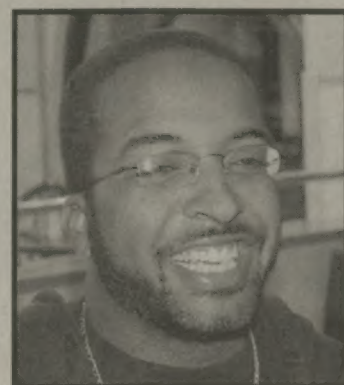
"I don't procrastinate. I get [things] done."

-Keith Moses, retail supervisor



"Facebook."

-Christie Stone, senior



"YouTube."

-Anthony Elliott, junior



"Play with my puppy."

-Beth Tracey, senior



"Watch football."

-Christopher Ward, senior

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## Inspiring religious tolerance at SU

By Jalissa Worthy  
Staff Writer  
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How does it feel to be misunderstood? The responses to that question may vary depending on who you're talking to. But for Muslims it's less about an emotional retort, and more about finding a solution to the problem: a lack of knowledge.

Anti-Islamic sentiment is no stranger to history books around the globe. But after the terrorist attacks against the World Trade Center on Sept. 11, 2001, United States Muslim citizens were no longer considered Americans, just Muslims, or less affectionately titled "terrorists." Hate and fear were the labels attached to the darts thrown at Muslims with all the subtlety of firecrackers and with the intensity of a roaring fire.

The extremists responsible for the attack acted in a manner contrary to the beliefs of Islam, depicting the faith as militant. Ever since, Muslims have strived to reverse that image by presenting Islam in a worthy light, and regain the respect that was lost with the lives of victims at ground zero.

Students at SU who are a part of the Islamic faith are no exception to the globally false impressions that haunt Muslims. When asked how it feels to be misrepresented, SU Muslim Student Association

Vice President Mariam Ogunsanya is not lost for words. The feeling is familiar.

"It hurts a lot... you don't feel comfortable being made something that you're not," Ogunsanya said. "It's almost like having an extra burden along with living our lives, to try and present ourselves as normal people... another responsibility," said Syed Rohman, MSA president.

Individual acceptance is important to establishing a healthy learning environment. Statements are often made out of ignorance and when lacking proper information.

"The same misconceptions exist at SU. But that's why we're here, to spread awareness, Rohman said. There is much room for knowledge to be shared about the Islamic community at SU. MSA member Muhammad Awan expressed positive opinions about the attitude toward Muslim students here.

"I must say I appreciate the University and the community. I've never experienced discrimination," Awan said.

Religious intolerance is not just an issue for SU to solve, but it is the responsibility of all humanity. Meeting with the MSA members certainly didn't reveal terrorists. Instead, meeting with them exposed a group of strong young people dedicated to spreading peace, and inspiring religious tolerance.

## Informal greetings: Are they really enough?

By Ajia Allen  
Staff Writer  
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First encounters between people always seem to be filled with apprehension. Even the most confident individual has to determine the correct way to approach a stranger.

Before the first and lasting impressions are made, the individuals getting ready to share their initial words are knee-deep in reservation.

The greetings used during the first stages of a potential relationship often involve a "Hello" followed by name introductions. In Western society, the concept of self-identity is very important since our names carry personal meaning. Thus, first encounters between strangers normally do not end without name exchange.

This tradition seems customary in nearly every society now. However, no matter how many times people face the task of having to engage in "small-talk," the situation never seems to change. Well, maybe a little nervousness has gone away, but some form of an impression has been made by each person.

After those first impressions, each individual has to privately determine whether they wish to continue a relationship with the new acquaintance, whether romantic or completely platonic.

tonic.

Suppose the first encounter was not voluntary but forced under whatever circumstances. There is an unwritten rule that advocates politeness in society. People tend to keep this in mind, especially in the work place or settings where the new acquaintance will be around regardless of preference.

Due to this rule, people wish to keep the atmosphere at ease through steady politeness. So simple "hellos" and "how are you?" have become the dominant greetings in contemporary settings. The problem with such greetings and questions is that there is not necessarily a genuine concern attached.

As such, the responses, "I'm fine" or "Good, how are you?" have become pre-determined responses, which can be pretty mundane and boring. These common aspects of first encounters and the verbiage used raise a question. Have these typical greetings between strangers and acquaintances become so routine that they do not have meaning anymore?

The answer is subjective and must be determined by the individual being addressed. However, society seems to be telling its inhabitants that such greetings, informal or not, are necessary for industrial civilizations to function in unity.

## Ms. Advice

A friendly reminder to be consistent with your time management

Time management is like money organization, because they both can be difficult to figure out. We have developing friendships here at school, we try to maintain the ones we have at home. We have school work to do, and some of us have jobs on top of that. Sleep takes a back seat, and some days it's difficult to fit eating into our schedules. Time to ourselves is something we reserve for summer and other holidays. The days are quickly passing, and we wonder where all the time goes.

The first thing to do is sit down, and write your days out on a calendar or sheet of paper. After you write your days out, determine how much time you need to set aside for school work and activities. Afterwards, make a list of your priorities outside of your school work. In order to determine which of the many interests mean the most to you, just think of what you're most passionate about.

There are lots of little things in my life that I like to do. For example, I have eight shows I really would love to sit down and be able to watch, but my friendships mean much more to me. I know that while I'm in school there are some interests I won't be able to fulfill. But I know that this is also a time to enjoy myself.

Once you determine which activities you want to be involved in, figure out

if they coincide with your schedule. If there are conflicts, see if you can move around your study time to earlier or later. As difficult as it may be at first, find out what events are going on in advance so that you know whether homework needs to be done ahead of time.

Consider doing more homework on the weekends since that's when you don't have classes. You'll have more time to play after you finish. In order to stay focused on your studies, though, figure out what method of review works best for you. Maybe it's with a friend, or maybe it's with music or the television on. You may need to be alone in silence; if so, plan on eliminating any white noise.

Do not be discouraged if you get antsy. Just get up to take a walk, or grab a snack. Go outside, run an errand, and then come back to the task. Don't make plans to go out, though, until you have finished all school-related tasks. Be consistent with your schedule, so you get yourself into a groove.

Finally, make your bedtime and wake-up time consistent. This will help your body adjust to its new environment, and set up a healthy circadian rhythm for yourself. Remind yourself that work and play can co-exist in college. It's just a matter of finding your balance with time on a daily basis.

Got a question for Ms. Advice? Put your anonymous questions in the large envelope tacked to The Flyer bulletin board outside of The Flyer office, GUC 215.

## ~SUDOKU~

THIS WEEK'S PUZZLE:

		8	2		9		
	1		4			6	
3				8			7
				1		8	9
		4	8		6	7	
8	6			3			
2			4				6
	3				5		9
		7			9	5	

LAST WEEK'S ANSWER:

8	5	6	7	9	2	4	3	1
9	4	2	1	6	3	5	8	7
7	3	1	4	8	5	2	9	6
5	1	7	6	3	4	8	2	9
4	8	3	2	1	9	7	6	5
6	2	9	5	7	8	3	1	4
2	6	5	3	4	1	9	7	8
3	7	8	9	5	6	1	4	2
1	9	4	8	2	7	6	5	3

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\$5 Appetizer Night  
\$3 Margaritas and Coronas  
\$10 Fajitas

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## Perks to living on and off campus

By Pete Hicks and Chelsea Bope

Staff Writers  
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## On Campus

When you were younger, did you ever imagine living in a community of people that were the same age? How about a place where everyone around you likes doing similar things and you don't have adults telling you what to do? Everywhere you looked, there were just more people to be friends with. Welcome to living on campus at Salisbury University, the institution which has even more to offer than fulfilling this dream.

Living on campus gives you the cluster, floor and building communities to be a part of. You're never too far from any of your classes or campus-sponsored activities. The Commons and Gull's Nest are just a few steps away, which means abundant food. Laundry is free if you have the will to get up and do it, and your bathrooms are cleaned for free. You have your Gull Card for everything with the lounges as a center for your dorm communities.

This isn't to say that dorm life is perfect. You do have the RAs watching over you. But most of them are pretty awesome. Having roommates can become stressful at times, and you have to put up with inconvenient construction. But living on campus makes you feel much more like a Salisbury student and like you're part of the university itself, which makes the little issues fade into the background for enjoying campus life as long as you can.

## Off Campus

Appreciating campus life as long as possible is important because it's inevitable that each lower-classman student at SU will look into off-campus options anyway. Don't worry, though. There are perks to living off campus, which still give you that feeling of being independent while being close to friends.

For University Village, University Park or an apartment, there's no doubt that bathroom privileges are a plus. The ability to use the bathroom without waiting for others comes to mind. Also, if you misplace a key to your front door, it does not keep you from eating, gaining access to buildings, or using your dining dollars. Not to mention, laundry can be done whenever you want and with whatever cleaning product you wish. Having a kitchen can reduce the necessity of meal plans and therefore money spent on them.

The cons of living off campus are primarily associated to apartments, though. When living in an apartment, commute time definitely becomes an issue. While UV and UP have a shuttle, other apartments require a car, gas, and extra time and inconveniences to get to SU.

Living off campus represents a step towards the real world after school, too, since not as many people are around you, as are in on-campus clusters and dorms.

Each choice has its own benefits and problems, but in the end, it's up for the student to decide how they want to live their lives while at SU.

## Letter to the Editor

Safe Streets clarified; Dialogue continues Oct. 12

In last week's issue of The Flyer, staff writer Andrew Bell wrote an editorial about the Salisbury 2010 Safe Streets Neighborhood Legislative package after attending the Sept. 15 public dialogue meeting I hosted with City Council Member Debbie Campbell. I want to commend Mr. Bell and other students who attended.

These legislative proposals are only a part of a comprehensive approach to crime in our city, which has been awarded nearly half a million dollars in state grants to underwrite initiatives, including: 1. A coordinator for the Safe Streets Coalition, comprising key representatives from city, county and state police, Department of Juvenile Services, Department of Parole and Probation, the county State's Attorney's office, the U.S. Attorney's office and others; 2. A police and neighborhood services center located on Princeton Avenue;

3. Support for Project Hope to guide women out of a life of prostitution; and 4. Software that enables code services to more quickly and accurately track and process violations. This Safe Streets package addresses slum, blight and neighborhood deterioration that attract and support criminal activity, undermine quality of life and monopolize police and code services at great cost to the city and its residents. Mr. Bell's editorial - due to space, I'm sure - dealt only with one ordinance in the package, that of "amortization," designed to eliminate multi-family dwellings converted from single-family homes and to restore abused single-family home neighborhoods back to their intended zoning use.

Since this bill is designed to allow property owners to recoup their investments over 10 years, it is unlikely to affect any current students. I challenge that this means the rental supply will be diminished in comparison to demand, forcing rents to rise.

First, only a landlord can raise rents, based on desired profit. Second, as we are already seeing with the University's new housing, demand often generates new rental options. Instead of packing our most vulnerable populations into eight tiny "apartments" carved out of a 2,000 sq. ft. single-family home in what is now one of our most dangerous neighborhoods, for example, we have an opportunity to ensure that safe, code-compliant housing, designed to handle high occupancy properly, is built.

Other bills, such as the "3 Strikes" law and the "Crime-free Lease Addendum," require landlords to manage their properties better so that chronic nuisance problems are abated early, before they become a threat to area residents. The package also requires that tenants receive a "bill of rights" in their lease to know how to access information and assistance when disputes arise with their landlords.

Join us Tuesday, Oct. 12 at 6:30 p.m. for the next Public Dialogue meeting on this legislative package, at Station 16 Fire Headquarters on Cypress Street near the Rt. 50 West drawbridge. You can read the actual text of the legislation and listen to the audio of the first meeting by visiting the website [www.OnYourSideSBY.blogspot.com](http://www.OnYourSideSBY.blogspot.com).

Feel free to contact me at 410-845-0296 or Terry@TerryCohen.com with questions and comments.

-Terry Cohen

Member, Salisbury City Council

## Letter to the Editor

O'Malley goes negative, Ehrlich stays positive

There goes our Governor again, making false TV and radio ads against Republican candidate and former Governor Bob Ehrlich. If there is one thing voters want this election year, it is that candidates do not go negative. With almost every poll (except Democratic ones) having the Governor's race tied here in Maryland and the Washington Post's pursuit as a toss-up, it is up to college students to get informed and involved. Bob Ehrlich released his game plan "Road Map to 2020" to make Maryland great again. This involved ridding of the many tax increases by the O'Malley administration and cutting the wasteful spending that has taken place over the last four years.

There is a lot of negativity surrounding the Democrats (O'Malley and Frank Kratovil) because they are afraid of losing, but aren't we sick and tired of the lies and misleading Sound-Bytes? Both candidates for Governor have a record and by taking a look at each one you will see two things.

Under O'Malley, there are more tax increases (highest-ever in state history, \$6.3 billion in new taxes), more spending, and job losses exist. Under Ehrlich, there were fewer taxes, spending and more job creation in the private sector with no furloughs. A balanced budget with a surplus and no hiring freezes also need to be included under Ehrlich.

There is one thing I can tell you from being involved in politics for many years. Democrats are worried and lost. During the past four years (2006 - Present), Democrats have been in charge of the House and the Senate at the Federal and State levels. Balance is simply non-existent anymore. They do understand the economy, as they spend money we do not have and have caused the greatest increase to our national debt (\$12.3 trillion) and state debt (\$8 billion).

-Matt Teffau

Senior, SU College Republicans Chairman

Republicans are coming forth with ideas that will fix our budget and create jobs in the private and public sector. Democrats have failed on several accounts including the environment with their cap and tax bill, their bailouts, and the government takeover of healthcare (which is already seeing problems and little public support). Vote Ehrlich this November and I encourage you to check out his website, [www.bobehrich.com](http://www.bobehrich.com). Ehrlich is also on Facebook under the name: Trust me, we cannot afford another four years with O'Malley in Annapolis. For more information, please come out to the SU College Republicans club, Tuesday and Wednesday nights at 7 p.m., in the Fireside Lounge.

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## Crown Skating Center celebrates national roller skating month

By Erin Traylor  
Staff Writer  
Et31140@gulls.salisbury.edu

This October, besides raking leaf piles and carving pumpkins, students can celebrate the season by lacing up a pair of roller skates.

October is National Roller Skating Month and Crown Skating Center in Fruitland is hosting special events for the community, including college students.

"In honor of National Roller Skating Month we are offering a few programs," said Christy Shaqfeh, marketing director at Crown.

These programs include an Adult Night, open to ages 16 and up, every Sunday from 8 to 10:30 p.m. Those who bring their student IDs receive a discount on the regular \$6 admission. Skate rental is \$4.

"We're going to run it through October and see how it goes," Shaqfeh said.

"It's a hit and it's something that the students really want to take advantage of, then we'll look at doing it; but it is in honor of National Roller Skating Month."

Whether Adult Night will be a success depends on the crowd.

Sophomores Stephen Waldron and Sam Voorhees said they would be interested in

roller skating at Crown as long as they were with friends. "If people got together and did it I would," Waldron said. Going alone, he said, would not

"I went roller skating two months ago ... and it actually works out your legs very well — once you stop falling, anyway."

Laurel Heflin  
SU Junior

be nearly as entertaining.

Some students, on the other hand, are less enthused by adult skating night.

"I wouldn't be interested, personally, because I don't enjoy roller skating," said sophomore Max Millhausen.

Enjoyment, though, is not the only thing roller skating offers.

Those looking for a new way to exercise may be pleased to know that it is a complete aerobic workout, according to a press release written by Shaqfeh.

"The average person can burn 350 calories by skating at a rate of six miles per hour," she wrote. Shaqfeh also said that roller skating uses over 600 body muscles.

Laurel Heflin, a junior, made a similar point.

"I went roller skating two months ago ... and it actually works out your legs very well — once you stop falling, anyway," she said.

If injury is a concern, Crown offers roller skating lessons every Saturday. Shaqfeh said the lessons act as a six-week clinic, during which participants learn the basic skills of skating, like how to stand, how to fall down without causing injury, how to skate backwards, etc. Graduates of the class are given opportunities to move onto higher-level classes as well.

"The more work you put into it, the further you're going to go," she said.

For others who are ready to take on a challenge, there are also competitive sport opportunities available at Crown, including artistic roller skating, roller hockey and even roller derby.

Adult Night at Crown  
Skating Center

Place: 28410 Crown Road  
Fruitland, MD 218226

Phone: 443-736-7652

Admission: \$6 with discount for Student ID holders; skate rental is \$4

## Sea Gull Square apartments to open in fall 2011

Pre-registration sessions give students the information to make decisions for next year

By Melanie McAuley  
Staff Writer  
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As 2011 quickly approaches, SU's main campus is rising up with a brand new luxurious residence hall for upperclassmen. Sea Gull Square offers retail facilities on ground level to the entire community and apartment style living options for students filled with amenities on the remaining four floors.

Sea Gull Square broke ground on March 4 of this year and has already made rapid progress. The project is expected to be completed in July 2011. The building will host 605 fully furnished bedrooms total. Most units are four students to two bathrooms, while some may also be four students to four bathrooms or two students to one bathroom. Each apartment includes internal hallways, a full kitchen and a fully furnished living room.

Amenities include a cardiovascular room on the first floor, small gathering lounges on each level, a large classroom that can be used for classes as well as study groups, added security and larger washers and dryers for each apartment.

"Salisbury is growing as an institution and to keep growing, we need more beds," said Dave Gutosky, Director of Housing and Residence Life.

"Sea Gull Square gave us the perfect opportunity to provide a complex that could be independent living, apartments, retail and different meal plans. It really gives the students so much flexibility when it comes to living on campus."

The price for Sea Gull Square is about \$675 per month and all leases will be 12 months long. The department of Housing and Residence Life are working with the state government, federal government, and other contacts to set up financial aid packages for students wishing to live there. Meal plans, billing and other contract options are also being worked out for the project.

"I would really like to live in Sea Gull Square, but I would have to wait until junior or senior year if I did live there," said freshman Cara Mogavero. "It sounds great, but I don't want to pay for 12 months when I am gone for summer and winter," she said.

Remaining information sessions will be held in TETC Room 153 at 7 p.m. on: Monday, Oct. 4; Wednesday, Oct. 6; Tuesday, Oct. 12; Thursday, Oct. 14.

Students will need to register by Wednesday, Dec. 1. More information is available on the Housing and Residence Life website.

## The search for the best slice in Salisbury

By Diana Dwyer  
News Editor  
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I grew up on Long Island, New York: a region in which a pizzeria can be found in nearly every shopping center. Although Salisbury does not have as many places, there are still plenty of options.

"Salisbury is no New York City when it comes to pizza," said senior Chris Ward. "But if you know the right spot to hit, your pizza craving will be satisfied."

Most students that I surveyed recommended Dipietro's N.Y. Pizzeria, located across the street from University Park apartments.

"Personally, I think Dipietro's white pizza is the best in Salisbury," Ward said. "It's to die for." New Jersey native Katherine Ernst agreed.

"It tastes most like back home," she said.

Junior Mari Stack said Pani Pit Pizza has been her favorite place since it opened near her job by the mall.

"I think it's my favorite because when I eat it, it tastes really authentic," Stack said. "You can literally see the difference between their pizza and other pizzas in the spices."

Crust is a key factor for other pizza fans.

"Lombardi's is where it's at,"

said sophomore and Salisbury native Jon Scott. "It's authentic, thin crust, homemade [pizza]." Senior Adam Burns is also from Salisbury and recommends Maynie's Pizzeria.

"They have delicious specialty pizza and they deliver," Burns said. Chris Ray, 21, said he prefers to order Domino's pizza.

"Their crust is really soft and it tastes good," Ray said. "I liked the old crust, and the new crust is different but not necessarily better or worse. Still pretty tasty."

An advantage to chain pizzerias is consistency.

"The pizzas are never overdone," Ray said. "I don't like

pizza that's burnt or hard or crunchy." For others, venturing outside of Salisbury is worth the trip.

"I enjoy Delmar Pizza because they use the freshest ingredients," said graduate student Chris Reeves. "Everything is made from scratch."

Decide for Yourself...

Dipietro's NY Pizzeria  
211 Milford St  
410-543-1911

Pani Pit Pizza  
2657 N Salisbury Blvd  
410-860-8887

Lombardi's Pizza  
315 Civic Ave  
410-749-0522

Maynie's Pizzeria  
720 E. College Ave Ste 12  
410-749-0744

Domino's Pizza  
261 Canal Park Drive  
410-742-6900

Delmar Pizza & Pasta  
Routes 13 & 54 Stateline Plaza,  
Delmar, DE  
302-846-3636

What is your favorite pizza place? Let  
The Flyer know by sending a text to  
646-535-NEWS (6397).

OCTOBER 5, 2010 THE FLYER

## Rita Tiso discusses the magic of photography

Local photographer assists students in TETC lab

By Kristina Jackereas  
Staff Writer  
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Rita Tiso has been taking photographs for ten years. Originally from the islands of Azores, Portugal, she currently makes photography cards and does freelance photography. Tiso, who took some classes at SU, also works as a lab tech in the photography lab at TETC. She assists students with their work, and helps them become better photographers. Tiso said she enjoys leading students closer to their goals.

"It's neat to see the students realize that they can finally do what they have been practicing; seeing them make art is wonderful," she said.

Of course, Tiso also enjoys making her own works of art. Many of her shots can be seen on campus at Salisbury's art gallery. Her most recent photographs are called "Paint on water." These shots were simply taken by mixing paint and water in a glass, and then photographing the result.

"I don't know how to use Photoshop yet," Tiso explained. "So, what you see is what you get."

Tiso began her photography career at Salisbury University. Previously, she owned a retail business until her son, an SU alumni, urged her to pursue her dreams. When she began taking photography classes, her professors quickly noticed that she was able to help other students with

their work, though she was just a student herself. Tiso has always felt passionate towards photography.

"I still have the first picture I ever took. It makes me humble in a sense that I've come such a long way and I'm not done yet. It's magical when you see a picture that's developed. It brings the picture to life," she said.

She said also enjoys taking black and white photos and pictures of people in action. Her passion for them began while she was in England. She saw a priest walking across the street with the traffic buzzing by and snapped a shot of him.

"Everything seems to look better in black and white," Tiso said. "I realized from that first black and white shot that I still had so much to learn."

In addition to traveling to England, Tiso headed back to her home country of Portugal this past June to photograph the local fisherman and their boats. She explained that it is always "interesting to represent a different culture and lifestyle through photography."

Though Tiso doesn't take classes at Salisbury anymore, she still desires to work towards learning digital photography and Photoshop. Yet, most importantly, Tiso enjoys her current work with photography.

"I plan to do this for a while, everyone should be passionate about something, and once you are, it won't feel like work."

## Nabb exhibit highlights local history of Native Americans

By Rachael Stone  
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The Edward H. Nabb Research Center for Delmarva History and Culture presents its current exhibit, Native Americans: First Contact on

Lower Delmarva. The exhibit tells the story of Native Americans of lower Delmarva during the 17th century, exploring how they lived and worked at the time of first contact with the Europeans. The exhibit, which took close

to nine months of research, planning and constructing portrays the Native Americans' loss of freedom, shrinking territory, alteration of physical environment, and establishment of reservations, drastically changing their way of life. The story

of the discovery and exploration of Delmarva comes from original written sources, images and artifacts, expedition accounts, maps and contemporary European accounts. During the first contact on Delmarva, roughly 1603 to 1625, James I was the King of England and Chief Powhatan ruled much of the lower Eastern Shore.

"We had just gotten the Wicomico Historical Society collection and in that collection there were a significant number of Native American artifacts that we wanted to display," said Director of the Nabb Research Center Dr. Ray Thompson.

The Nabb Center had participated in the third annual "Taste of Salisbury" in July 2009 at the Ward Museum of Wildfowl Art, and had featured their Native American artifacts and documents at that exhibit.

"The display at the 'Taste of Salisbury' included a brief overview of Native Americans on the Eastern Shore

but we wanted to expand on that," he said.

Display cases of Native American art and tools used during the time period help bring to life the culture of the Native Americans who had lived for more than 10,000 years in the Delmarva area prior to the first European settlement.

"The pottery is a real standout," Thompson said. "It demonstrates the creativity and the artistry of the Native Americans."

Watercolors painted by seventeenth century European artist John White show how Europeans viewed the Native Americans and their culture.

Perhaps the most detailed aspect of the exhibit is the story of the first encounter between Europeans and the Native Americans in the story of Captain John Smith.

On June 2, 1608, John Smith sailed up the Chesapeake Bay with 14 men into Virginia's Eastern Shore to explore a new land and to explore a new way of life. According to accounts written

by John Smith and his contemporaries, the Native Americans were very welcoming to the Europeans, encouraging them to put their weapons away in an effort to make peace. While the peace lasted for a short while, relations between the Native Americans and the Europeans changed drastically after the colonists became less dependent on the Indians to survive.

SU Geography professor Michael Scott helped with the exhibit by creating a new map which shows where John Smith actually explored on the peninsula.

"In the last few years, he has done extensive research studying John Smith and the exploration of the Chesapeake Bay," Thompson said.

The exhibit is free, open to the public and will run until May 20, 2011. Gallery exhibit hours are Monday, Wednesday and Friday from 1 to 4 p.m. or by appointment. The center is part of East Campus, on Wayne Street.

## Remembering and celebrating the life of Zachary G. Knight

By Sarah Krauss  
Staff Writer  
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On Sept. 29, the auditorium in Holloway Hall was one small demonstration of what a great impact late student Zachary Gerald Knight had on the Salisbury community.

A Celebration of Life memorial service for Knight, an SU senior who passed away in June. Knight's family, friends, and SU faculty gathered to help remember his life.

Knight was an active student around campus. Whether he was rallying for Relay for Life, lending a helping hand during new student move in, or participating in Greek life for the SU chapter of the Kappa Sigma fraternity, Knight had a real presence at Salisbury. His friends spoke of him fondly, remembering his sense of humor and unique ability to "make Salisbury feel like home."

Kappa Sigma chapter president Travis Hamburg spoke of the type of person Knight was during the service, saying Knight stood out through his

"smile, laughter, and dedication. [Zach] had a particular charm; he was never in a bad mood. Even though he is gone, he is not forgotten."

Second Lieutenant Andrew Bloodworth of the United States Marine Corps was a close friend and Kappa Sigma brother of Knight. He spoke at the service highlighting on Knight's "dedication and leadership." He reminded the brothers that Knight "left some big shoes to be filled."

The brothers of Kappa Sigma hold Knight especially near their hearts, for Knight was a founding father and grand scribe, and the first elected grand master. Many of the brothers spoke during the service of how welcoming and including Knight was, he never wanted anyone to be left out. The brothers unveiled the Zachary Gerald Knight scholarship at the service.

This scholarship will provide financial aid for a pledge who cannot afford to be in the fraternity otherwise. They also deemed one week in Ocean City, Md. in remembrance of Knight.

The Knight family, Zachary's mother, father, and two sisters, were amongst the many to celebrate his life. SU Vice President of Student Affairs Ellen Neufeldt presented Knight's sisters with Knight's degree of Bachelor's in Science. Knight was a marketing major and completed enough credits to earn his degree. Just before the service, Knight's father was initiated into the Kappa Sigma fraternity. Knight's mother and sisters were named special Kappa Sigma sweethearts and received a star and crescent badge in remembrance.

The Knight family also presented a scholarship in name of their son. They hope to provide financial help for a brother entering the next phase of his life after graduation.

One thing can be said of Knight after the memorial service dedicated to him: he will be sorely missed by the Salisbury community and his legacy will be carried on through the brothers of Kappa Sigma.

## Movie Reviews

Make "friends" with these movies:  
"The Social Network" and "Let Me In"

By Jamyla Williams  
Staff Writer  
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"The Social Network"

"The Social Network" directed by David Fincher, chronicles the rapid rise of the addictive and obsessive cultural phenomenon that is Facebook.

Jesse Eisenberg plays Mark Zuckerberg, the sarcastic, egotistical and socially inept "founder" of Facebook. The movie depicts how five different Harvard students laid claims to ownership of the social networking site.

The film is more of a character study than a commentary of the social impact of Facebook. While millions of people around the world connected because of Facebook, its co-creators' ambitions and relationships became disjointed. Audiences won't see their Facebook experience in the movie since it doesn't focus on how users' communication and relationships have changed because of Facebook.

This film has a pre- requisite. It would be beneficial to first watch the original Swedish film, "Let the Right One In." While "Let Me In" did not

book. The dialogue is one of the film's best assets; written by the great television writer Aaron Sorkin. It is lightning fast, witty and perfectly captures this generation's high speed communicational style that allowed Facebook to flourish.

Oscar buzz is surrounding the film, but it does have some flaws. Justin Timberlake stars as Nigster founder Sean Parker: the party-loving, con- niving, perpetual college sophomores. While Timberlake is charismatic, his acting also comes across as cliché. The film also has a chronic sense of darkness. I know dimly-lit cinematography is Fincher's style, and while it's beautiful, it kept me wondering, "Can't they afford brighter light bulbs at Harvard?"

"Let Me In"

This film has a pre- requisite. It would be beneficial to first watch the original Swedish film, "Let the Right One In." While "Let Me In" did not

stray too far from the brilliant original's storyline, it didn't take enough creative license to be hailed as a triumphant remake.

"Let Me In" focuses on the friendship of Abby and Owen, two twelve-year-olds that have a lot in common, including a love of puzzles, pale skin, and social isolation. But Abby has a secret that prevents her from teetering on the see-saw in the daylight with Owen; she is a vampire.

Despite the gore, the film is a somewhat humorous, touching story about the loneliness and awkwardness of being a child.

What the film disappoints in is the ridiculous, amateur special effects. Director Matt Reeves amped up Abby's physicality, but in doing so her movements became reminiscent of "Lord of the Rings" Gollum.

Tip: Rent the original. The camerawork and suspense are masterful in "Let the Right One In" and more information is given about Abby's mysterious identity.



Eat a cup of broccoli a day so you don't waste your life away

By Eric Buratty  
Editorial Editor  
Eb55419@gulls.salisbury.edu

I'm assuming most people have heard the cliché about eating apples every day. In case you haven't, apparently eating an apple a day keeps the doctor away. While an apple a day may help, there are many other nutritional variables and personal health factors that play a role in keeping the doctor away.

Undoubtedly, more vegetables and fruits in your diet will help control health problems in your life. This is due to the presence of enzymes and antioxidants in vegetables and fruit. If you notice

though, I placed vegetables before fruits twice now—and with good reason. With this in mind, I'd like to introduce my own cliché to you. Eat a cup of broccoli a day so you don't waste your life away.

What's the big deal about apples, anyway?

Let's start with comparing the macronutrient profiles for apples and broccoli. One small to medium apple contains about 80 calories with trivial fat and protein, and approximately 17 grams of carbs (primarily from the sugar fructose)—hence the prefix in the word, "fruit!". One cup of raw broccoli contains about 30 calories with trivial fat and protein, and approximately six grams of carbs

(primarily from fiber). As for antioxidant content, that same apple contains approximately two percent vitamin A (a fat soluble vitamin) and 13 percent vitamin C (another fat soluble vitamin). In that one cup of broccoli, there's about 11 percent vitamin A and 135 percent vitamin C.

In each case, the serving sizes represent one serving of a fruit or vegetable, respectively. After comparing the macronutrient profiles and antioxidant contents, I have to ask, what's the big deal about apples anyway?

Fiber versus sugar carbs

While overall calories are the dominant factor on a weekly basis, let's consider daily intake and nutrient timing for a moment. Under the assumption that you care about your body composition, the best times to eat apples are the first half of the day and before, during, or after physical activity. In contrast, broccoli may be consumed any time of day.

You can get away with eating broccoli any time of day—but not apples—due to the impact of the carbs on insulin levels. In a nutshell, you basically want to keep insulin consistent with your current activity levels if you want to stay lean. So it's important to know that the sugar in apples exceeds the affect that the fiber in broccoli has on insulin.

Why broccoli extends your life

A cup of broccoli a day goes a long way in helping retain your health. The antioxidants in broccoli help fight against free radicals that cause sickness and other health problems while the fiber content promotes proper digestion of other nutrients from the foods you eat. The fibrous carbs in broccoli also give you more sustained energy that keeps you aware and feeling lively. The texture of broccoli goes along perfectly with this lively feeling by giving your jaw a nice workout and clean, white teeth to smile with.

On the whole, if you're not a fan of broccoli, I recommend you become one in the next 21 days. That's how long it takes to break or develop new habits. While apples have their time and place, I'd like to see more people choose fiber before sugar when consuming carbs. Your body will only thank you by giving you a longer, higher quality life in return.

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to email me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your e-mail, and I will be more than happy to consult with you. You may also visit [www.unleashyourfitnesspotential.com](http://www.unleashyourfitnesspotential.com) if you missed a previous article in the paper.



Erin Corcoran photo

1. Defensive player Shannon Donnelly clears the ball from the Gulls' side during the Salisbury's game against the University of Mary Washington on Oct. 2. The Gulls won 1-0.

2. Wicomico County Executive Rick Pollitt, who is running for re-election, poses with his wife Tracy, far left, and supporter Mary McCurdy during a fundraising reception at McCurdy's home on Oct. 3.

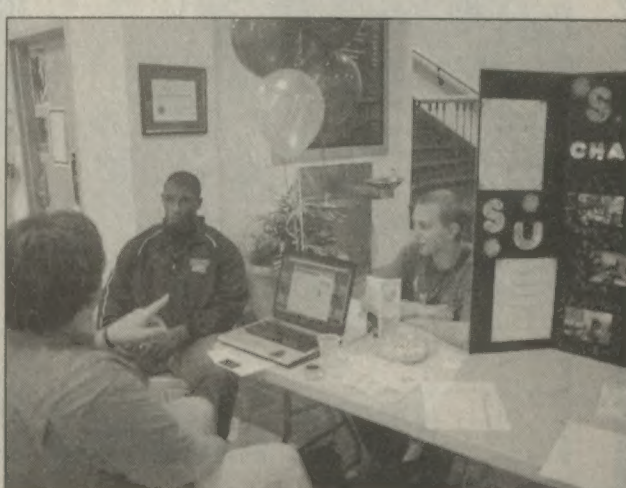
3. Senior Robert Wilkinson II talks to junior Stephen Wright and freshman Brett Wright at the CMAI Fair on Oct. 1 in Fulton Hall.

4. Stephen Jackson performs at the Open Mic Night held in Fireside Lounge on Sept. 30.

Do you want The Flyer to cover your event?  
Send us the details!  
Text us: 646-535-NEWS (6397) or e-mail  
flyerphotos@gulls.salisbury.edu.



Patrick Hackley photo



Adrienne Price photo



Jules Waxman photo



## Volleyball soars past Marymount

### Sea Gulls defeat CAC opponent 3-0

By Evan Clifton  
Staff Writer  
Ec16912@gulls.salisbury.edu

The SU volleyball team (11-6, 2-2 CAC) dominated their home match against conference opponent Marymount University on Sept. 30. They defeated the Saints in a convincing 3-0 win.

The Sea Gulls, who have won the last three CAC championships and have made the last three NCAA tournaments, were dominant against Marymount. They won by scores of: 25-13, 25-16, and 25-16.

Coach Knight's team raced out to an 11-3 lead in the first set behind some excellent serving from senior Melissa Stansbury, winning ten points off of her serve, including the final four to seal the first set. Stansbury was also honored before Thursday's game for recording her 1,000th career dig; she achieved the milestone on Sept. 18 against Eastern University.

The Gulls started the second set a little slow and found them-

selves in an early hole, down 6-5. However, they soon recovered, finding themselves ahead 21-14. After another Marymount time out, SU finished and took the set at 25-16.

All night the Gulls were able to string together long runs of consecutive points, all the while limiting each and every run that Marymount attempted. Through the first two sets Marymount was only able to put together a single run greater than two consecutive points, a three point stretch in the beginning of the second set.

The third set was more of the same for the Sea Gulls when Marymount attempted to regroup and stop Salisbury's momentum with a time out, with SU leading 12-9. Behind a couple of serving aces from freshman Jacki Kaluzny and some outstanding hitting from sophomore Chelsea Glowacki, the Gulls cruised to a 25-16 win in the third and final set.

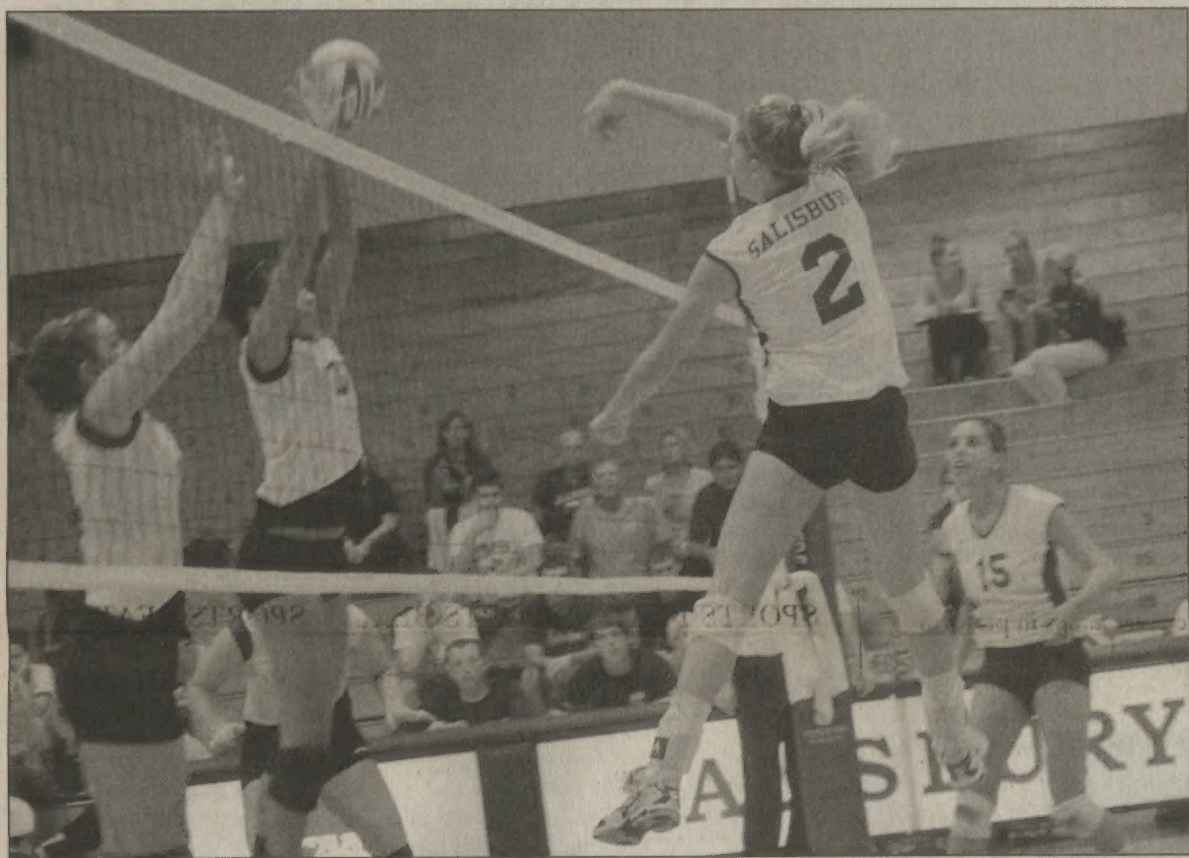
Glowacki posted a team high nine kills without committing any errors and sophomore Kristin

Jehle added seven kills Thursday night. The win marked the Sea Gulls' second win in the conference, bringing their conference record to an even 2-2. Thursday's match was also a good way to rebound after falling to conference foe Mary Washington 3-1.

"It's very important to get back into the win column, especially in the conference. It feels good to get a win at home, which is really our first home game of the season," said Coach Knight after Thursday's win.

This win also marked the sixth straight victory over Marymount, dating back to the 2007 season, with five of these wins coming very convincingly at 3-0.

"It's always nice to win in the conference, we don't really do anything too special against them [Marymount], we just worry about us and try to play like we are capable of playing every night," said Knight, when asked about the secret to her team's dominance over Marymount in recent years.



Dan Anderson photo

Sophomore middle hitter Chelsea Glowacki jumps to block the ball against her Marymount University opponent. The Sea Gulls won their match against the Saints 3-0.



Dan Anderson photo

Junior midfielder Morgan Hunt leaps to head the ball to his teammate. Salisbury defeated the St. Mary's Seahawks 3-0 during their Oct. 2 game.

## Men's soccer team has another impressive win

By Aaron Bruce  
Staff Writer  
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The Salisbury University soccer team (10-0-2, 4-0 CAC) capitalized on several scoring chances, as they defeated the St. Mary's Seahawks 3-0 on Oct. 2.

The game was full of opportunities and goal-scoring chances, as Salisbury had previously failed to score a goal in a recent home matchup with Lynchburg College.

"I am very proud of them, we came out and executed at the offensive end of the field," said head coach Gerry DiBarrolo. Execution was right. Salisbury had struggled heavily against Lynchburg College on Sept. 18 to finish goal-scoring opportunities.

There were shots off the post, shots on goal, shots around the goal, corner kicks nearing other goal scoring opportunities, yet no points. When asked what the team worked on in practice to correct these issues, Coach DiBarrolo admitted the team worked hard on finishing and minimizing mistakes, something consistent in their recent tie game with Lynchburg.

"We really beat up our goalies a great deal, to ensure that we did our parts on the offensive end of the field," said DiBarrolo.

Salisbury looked well-coached, as they came out in the first half firing on all cylinders. An early possession

found defenders napping and warranted a score. It appeared the opening jitters had set in for St. Mary's players. Salisbury also held strong defensively as they failed to give up a goal, and shut down any scores from a dominant offensive team in St. Mary's.

Salisbury owes such a good defensive game to players like senior Justin Lambert. The goalkeeper also played effectively, stopping all shots on goal in the first and second half. The players responsible for proper execution included the likes of sophomores Jimmy Mundy and Phil Bucheimer as well as junior Stafford Chipungu. Each of these individuals sought out the defensive, and placed the ball in the net without hesitation or fear of a goalie save.

The next game for the Salisbury University soccer team will be held at Stevenson University as they take on the Mustangs. The game is scheduled to begin at 4 p.m. and is sure to be a good one. The Gulls will look to follow up a good win with another hot performance. If this Saturday's game was any indication, this team will have no problem winning.

As Head Coach DiBarrolo added lastly, "All I can say is I am simply very proud of my team today, they came out and fought from the early whistle to the end of the ball game."



Kandice Hancock

## Athlete Spotlight

Joe Rubel



Joe Rubel

By Alexis Howard  
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One of the Athlete Spotlights this week is dedicated to men's soccer senior defender Joe Rubel. The Alexandria, Va. native was recently named CAC (Capital Athletic Conference) Defensive Player of the Week. Rubel was the first men's soccer player to receive this honor this season. Rubel was also honored by the ECAC (Eastern Collegiate Athletic Conference) as the ECAC Defensive Player of the Week. For the week of Sept. 12, Rubel was the leading Sea Gull defender, allowing only one goal and 14 shots in three wins. After his soccer practice, Rubel sat down with The Flyer and answered a few questions.

**What is your major?** "I'm double majoring in finance and information systems."

**What are your plans after you graduate from college?** "I'm trying to do the one year M.B.A. program here and after that I have no idea."

**How long have you been playing soccer?** "I've been playing since I can remember."

**Have you always played defense?** "No,

I played midfield in high school [for club] and for my high school [team] I played in the back."

**How do you go about preparing for your games each week?** "I eat a lot of pasta the night before and get a good night's sleep."

**Do you have any certain songs you like to warm up to?** "I listen to a lot of techno pretty much. It pumps me up."

**Have you ever thought about playing professionally?** "I've thought about it, but I don't think I'd be happiest doing that. So I have just decided to make the best out of college. I don't think I'll play professionally."

**Have you ever thought about coaching someday?** "Yeah, probably later when I'm older, maybe I'll coach high school."

**What does it mean to you to be named CAC Defensive Player of the Week and ECAC Defensive Player of the Week?** "It was pretty cool. I mean, I wasn't expecting it. But I think it was a good choice I guess [laughing]."

## Athlete Spotlight

Kandice Hancock

By Evan Clifton  
Staff Writer  
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Senior field hockey player Kandice Hancock is one of the spotlighted student-athletes this week. Hancock has enjoyed much success as a midfielder under Coach Dawn Chamberlin. She was a key member of last season's national championship team and scored the game-winning goal in overtime against, then-12th ranked, Christopher Newport on Sept. 8. Hancock sat down with The Flyer and answered a few questions.

**How long have you been playing field hockey?** "For about 12 years."

**Have you played any other sports?** "I played soccer up until high school and loved it; however my high school did not have a girl's soccer team. So, besides hockey, I played softball and basketball."

**What is your major and what do you plan to do with it?** "My major is exercise science. I am planning on attending Physician's Assistant school after I graduate from SU. My two areas of interest would be orthopedics or ER/OR rotations."

**Do you have any pre-game rituals?**

"I like having my hair braided, usually by my teammate Ali Bloodworth, for every game."

**What is it like playing for such an experienced and quality coach such as Coach Chamberlin?**

"Having Dawn Chamberlin as my head coach has been an honor. With her knowledge and experience, our team has been able to grow and become very successful. I count myself lucky to be a player under her, and would never doubt her coaching abilities!"

**What is your favorite thing to do that is not field hockey-related?**

"If I am not playing hockey, I am spending time with my family. I have the most supportive and loving family that anyone could ask for. Whether it's family dinners, get-togethers, watching a movie or just hanging out, we always have fun."

**What is your most memorable moment as a member of the field hockey team?** "My most memorable moment would have to be winning a National Championship. Words cannot describe the feeling of holding that huge trophy up in the air at the end of the day. As a player, that is what you work for and experiencing that with the teammates I have was amazing."

## Women's Soccer shuts out UMW

### Salisbury betters their Capital Athletic Conference record to 3-1

By Greg Weston  
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The women's soccer team (4-7, 3-1 CAC) won their game against the University of Mary Washington 1-0 on a rather warm October afternoon Sept. 30 at the SU Soccer Complex. This game put SU as one of the current leaders of the CAC with a record of 3-1.

"We really needed this one," said sophomore goalkeeper Melissa Orgera about the game. "They're a really good team, and this was a really good win."

Orgera had a great game in between the two posts shutting out the opposition with a total of

three saves.

Led by head coach Jim Nestor, it took the Sea Gulls 34 minutes into the first half for junior midfielder Katie McMahon to find the back of the net. After side stepping one defender, McMahon fired a bullet that flew past the last defender and an outstretched the Mary Washington goalie into the bottom left corner of the goal. With a game that consisted of nine shots on goal, 16 total, Salisbury only managed to hit the back of the net once.

"I'm very happy," said Nestor about the result. "It was a conference game...wins for those are always the biggest. Sarah J. played well on the outside, Casey

played great at midfield, and Amanda Z. uses her speed and athleticism quite well."

Nestor was referring to Sarah Jessilonis, a junior forward, Casey Hafford, a sophomore midfielder, and Amanda Zyzak, a junior forward. He also mentioned how the team, in future games, will need to battle fatigue more effectively in the final ten minutes.

"They put a lot of pressure on us around the 80th minute," said Nestor, "...and they didn't let up until the final whistle."

Besides fatigue, Orgera feels that the team doesn't need to change anything.

"I really like our team and our play in game...all we need to do is keep working really hard as a unit, and keep our mistakes to a minimum."

The girls are looking past their overall 4-7 record and are now focusing on the matches ahead. Their next contest will be on Oct. 6 when the Sea Gulls travel to Richard Stockton College.

"I'm hoping to come out of the CAC with only the one loss from York College earlier in the season," Nestor said. "It's possible for [the team] to go the rest of the season undefeated in the conference...however, we have some injuries, and we face some pretty challenging schools down the road."

Among those schools, Nestor spoke of upcoming matches with Wesley and with a talented-looking Frostburg State University.



Erin Corcoran photo

Sophomore goalkeeper Melissa Orgera grabs the ball from Mary Washington. On Sept. 30, the Sea Gulls won the contest 1-0.

## Cross Country finishes well at home invitational meet

By Matthew Miller  
Staff Writer  
Mm55971@gulls.salisbury.edu

The Salisbury men's and women's cross country teams turned in a pair of fine performances on Saturday morning, competing at their home course of Winterplace Park in the fourth annual Don Cathcart Invitational. The men took second place on the day, with the women finishing third.

The men earned a total of 63 points, finishing up just 6 points shy of Division II East Stroudsburg University, who earned 57 points. The Sea Gulls defeated conference rival Mary Washington University, who finished in fourth place, in a precursor of the CAC Conference Championships to be held at Winterplace Park on Saturday, Nov. 6.

Coach Jim Jones was pleased with the men's effort but still believes there is room for his team to grow.

"A lot of improvements, a lot of personal records, but I think on the men's side we see a few things that we could improve upon, and I think in another month with four more weeks of training will be just where we want to be," Jones said.

The men were led by senior Chris Barnard whose time of 25:21 was his best on the year and earned him a fifth place finish.

"I was happy with my performance today; I managed to hang on to a couple guys around me for the majority of the race and didn't let anyone pass me in

the end," Barnard said.

Also finishing in the top 15 for the men were freshman Ryan Jackson who finished 9th with a time of 25:46, and sophomore Steve Berstler who finished in 14th with a time of 26:09. Rounding out scoring for the Sea Gulls were juniors Trent Seawell and John Fitzgerald, who finished in 17th and 18th.

The women's team turned in a fine performance, earning 127 points and solidifying a strong third place finish. Like the men, the women where the top finishing CAC team in a field that included rivals Mary Washington and York. Coach Jones was very pleased with the women's team.

"The women I thought ran extremely well, they ran a competitive race and I think they saw some great jumps in performances," said Jones.

The women were paced by freshman Amy Ferro who finished 17th with a time of 22:55. Running just behind her was senior Kristin Stromberg who finished in 19th. Also placing in the top 30 was junior Becca Stinner who ran 23:19 and finished in 27th. Rounding out the scoring for the women were Anna Steinman who finished 33rd in a time of 23:28, and freshman Emma Bahnenman who took 36th place with a time of 23:35.

The Salisbury cross country teams will return to action in two weeks when they travel to the Gettysburg Invitational to take on some of the Mid-Atlantic region's top teams.



Athletics photo

Two members of the Cross Country team compete in the Don Cathcart Invitational on Oct. 2 held in Winterplace Park.

## ★ Sea Gulls★ Sea Gulls★

### Men's Soccer

The men's soccer team (10-0-2, 4-0 CAC) walked away with a 1-0 victory over Johns Hopkins University on Sept. 28.

Sophomore midfielder Pat Callahan delivered a cross that senior defender Casey Rector attempted to head on frame, but the shot was blocked by the Blue Jays. In the first half, SU held a 6-4 shot advantage and earned one corner kick.

The 60th minute of the game was dominated by senior forward Mike Napolitano when he received a ball from the left post by junior midfielder Stafford Chipungu. Napolitano headed past JHU to earn his team leading fifth goal of the season. Sophomore goalkeeper John Vnenchak earned his fourth victory of the season.

### Football

The football team (4-1, 1-0 ACFC) traveled to the Apprentice School on Oct. 2 and walked away with a 31-7 victory.

Defense was kept in order by junior Jamey McClendon who had 10 tackles and one sack. Senior Riley Fritts and junior Matt Leon had nine tackles apiece. Sophomore A.J. Rosenthal gave SU a 3-0 lead on a 30-yard field goal. Junior Randal Smedley had a new career-high with 250 yards.

Sophomore quarterback Dan Griffin ran 79 yards and junior slot Jonathan Briscoe had combined 72 yards.

### Volleyball

The volleyball team (11-6, 2-2 CAC) fell 3-1 to Capital Athletic Conference rival Mary Washington on Sept. 28.

Mary Washington took the first game 25-17, in a close competitive match that lasted almost two hours. The Gulls came back in

the second game with a 25-21 victory over the Eagles. The third match went to the Eagles as they went on to win 28-26. SU fought hard in the fourth match but fell 25-16.

Sophomore forward Carley Todd had eight kills and 14 assists. Sophomore Chelsea Glowacki also had eight kills.

### Women's Soccer

The women's soccer team (4-7, 3-1 CAC) suffered a 2-0 loss to Christopher Newport University on Sept. 29.

Junior forward Sarah Jessilonis shot on frame but the shot was blocked by the CNU goalkeeper. Christopher Newport went on to score their first goal in the 12th minute of the game. Sophomore forward Sarah Pfundstein took her penalty kick in the 16th minute, but her shot was saved by the Captains. CNU went on to score their second goal in the 88th minute.

Sophomore goalkeeper Melissa Orgera played the entire game finishing with two saves.

### Field Hockey

The field hockey team (8-1, 4-0 CAC) traveled to York College on Oct. 2 and came home with a 4-2 win.

Sophomore forward Erica Henderson led in scoring for the maroon and gold. Henderson scored the first goal off an assist from junior back Tara McGovern. Minutes later, Henderson received an assist from junior forward Caitlin Walker giving the Gulls a 2-0 lead. Freshman midfielder Emily Voshell scored the first goal of her SU career. Junior midfielder Courtney Webster scored the fourth goal for the Gulls. Junior goalkeeper Anna Cooke played the entire game finishing with three saves.

## ★ Sea Gulls★ Sea Gulls★

## Volleyball team to help animals with "Digs for Dogs" event

From SUSeaGulls.com

SALISBURY, Md. – The Salisbury University volleyball team has a lot of fans – some further than others – and would like to announce its first "Digs for Dogs" event, scheduled for Thursday, Oct. 21, to benefit those creatures who cannot speak for themselves.

Head Coach Margie Knight and her team participate in a charity event each year, but this year Knight sought to keep the proceeds on the Eastern Shore.

"One hundred percent of the proceeds from 'Digs for Dogs' will go to the Humane Society of Wicomico County and The Dog House," said Knight. "It's going to be a great night for volleyball, but more importantly it's going to be a great night for the animals. This is a fantastic opportunity for students and the community to help out just two of the many wonderful organizations we have here on the Eastern Shore."

A silent auction, which will take place before and throughout the match, features items donated by local businesses and Sea Gull athletic teams. Some items include a softball bat, donated by the SU softball team (valued at \$300) and a Vera Bradley item donated by VPP Shoes. In addition, fans may make monetary donations online (click here) or at the door.

The Humane Society is always in need of dry dog and cat food. With winter

fast approaching, the organization also gladly accepts gently used blankets and towels to keep the animals warm and comfortable. There will be a designated drop-off area for such donations at the entrance of Maggs Physical Activities Center prior to and throughout the event.

Additionally, a serving contest will be taking place between the second and third sets, with a host of fantastic prizes up for grabs. Participants will be drawn at random; all fans will receive one ticket upon entry, with the opportunity to purchase additional tickets throughout the first set.

"Pets have so much importance in so many people's lives," noted Knight. "We have a lot of students who move away from home to come to Salisbury and they're leaving their furry family members behind. This is a great way to help out two organizations whose sole purpose is to expand families by providing these animals with safe and happy homes!"

In addition to helping out two wonderful causes, fans will be in for a great volleyball match – a Capital Athletic Conference contest against Stevenson University. The match is set for 7 p.m., but doors will open at 6 p.m.; t-shirts will be distributed for the first 150 fans through the door who donate \$1 or more. For more information on The Dog House or the Humane Society of Wicomico County, or to make an online donation, click the links below.

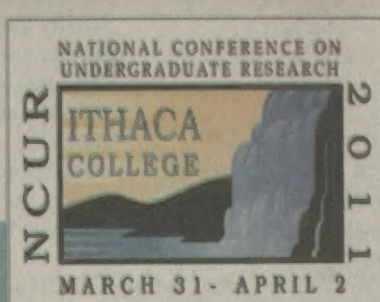
# SALISBURY SPORTS CALENDAR

Tuesday - 10/5	Wednesday - 10/6	Thursday - 10/7	Friday - 10/8	Saturday - 10/9	Sunday - 10/10	Monday 10/11
Volleyball vs. Wesley: 7 p.m.				Women's Soccer vs. Stevens: 1 pm		



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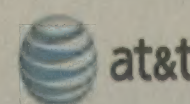
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